GRAPEVINE
VISITACION·VALLEY

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Gold Cup for VVMS in School Chess Tournament

The first known chess tournament in history between two 5FUSD Middle Schools was played March 4 at host Everett Middle 5chool (EM5) with Visitacion Valley Middle 5chool (VVM5) taking home the San Francisco Middle School Chess Gold Cup.

VVM5 first gained prominence last year in an article written by Mike Kepka of the 5.F. Chronicle and is currently in its second year averaging more than 20 members on a daily basis. The EMS club is run by Shujaa Mjasiri, a doctoral candidate who worked at VVMS last year and is now at EMS by way of the Transcendental Mediation Quiet Time Program currently being integrated into both schools. Mjasiri organized the event with the help of Tyrone Anderson, a VVM5 teaching assistant.

Tournament directors during the chess match included Mr. Madayag, who is one of four club directors and is responsible for VVMS wearing ties to the event; Mr. Laviolette, who came up with the idea of a chess club for VVMS; and Mr. Rulloda, who took the pictures at the tournament and works tirelessly showing students different aspects of the game of chess.

Getting down to the business of the toumament, the match featured 12 players and four reserves from each school, with three groups of four: advanced, intermediate, and beginner. In rounds 1 to 4, EM5

VVMS chess champs had intense competiton against Everett Middle School on March 4 before taking home the San Francisco Middle School Chess Gold Cup.

beginner level won their division 8.5 to 7.5. In the same rounds VVMS intermediate level won their division 9.5 to 6.5. The last division, the advanced level was tied at a score of 8 to 8.

The match went back and forth all tournament and the second round ended with three draws. The tournament was so close in fact that it came down to the last match between Brandon Tang of VVMS and Mark Bihag of EM5, with the result ending in 25-23 score in favor of VVM5, who won the top honor. EM5 won the 5ilver Cup.

The day ended with refreshments and an awards ceremony with individual tournament winners including:

*First Place Advanced: Timothy Lau; Intermediate: Joaqhin 5haw; and Beginner: Cuong Doan.

*Second Place Advanced: Brandon Tang, Mark Bthag, Bilgun Makhbal, Brandon Nguyen and Stainlee Quach; Intermediate: Calvin Mendiola and Thanh Nguyen; Beginner: Marc Ardanes.

The tournament, which may have its rubber match at the end of April, was a huge success and will hopefully encourage future toumaments. Tournament directors would like to thank all of the youth who took part in the event.

S.F. Energy Efficiency Program Expands

Mayor Gavin Newsom recently announced significant increased funding for the city's commercial and multi-family residential energy efficiency program, SF Energy Watch.

The 5F Energy Watch program has been successful not only in delivering energy savings, but also by creating or sustaining 150 Bay Area green collar jobs. The program offers free on-site assessments of energy savings, installation at a greatly reduced cost, and covers lighting, refrigeration, heating, air conditioning, food service equipment, and more.

"SF Energy Watch provides jobs for the green collar workforce of 5an Francisco and the Bay Area," said Mayor Newsom. "As we move forward, energy efficiency will be increasingly important and in the national mainstream thanks to President Obama and his advocacy on the issue. I want to ensure that San Francisco has the base of workers to meet the need."

Mayor Newsom introduced a resolution at the Board of Supervisors this week to increase funding for the program by an additional $3.7 million. This is in addition to the initial 5F Energy Watch funding of nearly $11 million and the $3 million added late in 2008 by the California Public Utilities Commission. The increased funding will be used for additional energy efficiency retrofits and rebates. The money for SF Energy Watch comes from the Public Goods Charge, a fund for energy efficiency and renewable energy paid for with a percentage of utility bills, which is administered locally by PG&E.

5an Francisco's Environment Department, which implements 5F Energy Watch, recently conducted a vendor survey about the number of jobs created by the program. In addition to the 150 green collar jobs the program already supports, vendors anticipate hiring an additional 30 employees based on the newly available funds.

"The Energy Watch program is exactly the type of investment we need at this moment," said Julian McQueen, Field Organizer for Green for All. "This program is a model for other cities because it puts folks to work right now, and puts money back in the pockets of small, local businesses. This type of bold action will lead us out of the economic crisis."

To date, SF Energy Watch has reduced San Francisco's electricity demand by 6 megawatts, enough electricity to power over 6,000 San Francisco residences. With the additional funds, the program aims to capture another 3 megawatts, further reducing energy needed from power plants.

Input Needed on Bayview Hunters Point Diesel Pollution Reduction Draft Plan

by Leah Pimentel, Greenaction

The City of 5an Francisco is developing a plan to reduce diesel pollution in Bayview Hunters Point, and your input is needed to make this a strong plan that will protect community health.

A study done by consultants for the San Francisco Department of the Environment has confirmed that Bayview Hunters Point (BVHP) residents are at a serious risk from diesel emissions. These emissions from diesel trucks and other sources can cause cancer, asthma and other health problems including premature death, increased hospital admissions, heart and lung diseases, increased cough, adverse lower-respiratory symptoms, lung problems and changes in heart rate rhythm and other cardiac effects.

The consultants also compiled an inventory of diesel pollution sources in the community and were able to confirm the serious health risk from this information. Most importantly, they have developed a draft plan to reduce this pollution, and it has been submitted to the City and to the public for comment.

The draft plan contains important recommendations to reduce negative health impacts on community residents.

The recommendations include promoting clean construction fleets, assisting local businesses and truckers in applying for grants and loans to reduce diesel pollution, educating local businesses about the 5tate's rule on construction vehicles, educating and enforcing anti-idling regulations, researching and targeting controls at City-owned diesel generators, increasing the availability of biofuels within BVHP, and retrofitting existing facilities with building filtration technologies.

BVHP community members and business owners have been applauding the efforts by the City to identify ways to reduce diesel pollution in BVHP. *See Page 4*

Church and Architect to be Honored

Architect Julia Morgan will be honored at St. James Presbytenan's anniversary.

by Betty Parshall

On Sunday, April 19, St. James Presbyterian Church and the Visitacion Valley History Project will co-host a program celebrating the 103rd anniversary of the founding of the church and honoring famed architect Julia Morgan, who designed the 1923 building.

Mark Wilson, author of two books about Morgan and her work, will provide a talk with slides. Following his presentation refreshments will be served in the church social hall and visitors can view an historical display of church pictures and memorabilia.

Mr. Wilson will have his latest book for sale and be glad to answer further questions. Proceeds of the event will be shared, with one-third to the church and two-thirds to the library fund.

Tickets are $15 in advance or $20 at the door. As there is limited seating in the sanctuary you are encouraged to purchase tickets in advance. Tickets will be on sale at Joe Leland's coffee shop, 28 Leland Ave., and at the VVBOOM office, 91 Leland. They may also be purchased by contacting Betty Parshall, phone 415-467-7423 or e-mail bparshal@flash.net

It is noted that the sanctuary of the church is not disabled-accessible.

City Celebrates First Wave of Energy-Efficient Streetlights

Mayor Gavin Newsom on Mar. 25 kicked off the deployment of the first 50 City-owned LED (light-emitting diode) streetlight fixtures in the Tenderloin and announced a new partnership between Pacific Gas & Electric (PG&E) and the San Francisco Public Utilities Commission (5FPUC) to evaluate new "smart controller" technologies that will allow for better monitoring and performance of City streetlights.

LED's are environmentally superior to conventional high-pressure sodium bulbs – up to 50 percent more energy efficient and lasting two to three times longer.

"LED streetlights are more energy-efficient, offer significant long-term savings and can help contribute to improved public safety," said Mayor Newsom. "In addition to deploying this first wave of LED streetlights to benefit Tenderloin residents and families, the 5FPUC and PG&E are working together to evaluate new 'smart controllers' – the next wave of streetlight technology."

"PG&E is proud to work with Mayor Newsom and the SFPUC to support their innovative, energy efficient LED streetlight projects," stated Nancy McFadden, senior vice president of public affairs for PG&E. "By embracing tomorrow's technology today and working together, we can ensure a greener future for all."

A pilot program between PG&E and the City to evaluate LED streetlights in the Civic Center area and on Beale 5treet was successfully completed in 2008. LED streetlights provide greater energy-efficiency and superior light dispersion and redundancy, with individual diode malfunctioning not affecting the ability of the entire unit to operate.

The 5FPUC will phase-in replacement of many of the City's streetlights with LED's in waves over the next several years. LED streetlight performance is also expected to improve in the near future, while costs decline, as new technologies emerge and the competitive LED market expands. *See Page 4*

Grapevine Mailbox

Sharen, Kevin and Marlene (l-r).

Appreciation for Award

Dear Grapevine Editor:

One of the highlights of community work is the recognition one receives from our fellow activists. Was I surprised to have Sharen Hewitt, founder and executive director of CLAER, and Kevin Blackwell come to my evening ESL class at the Visitacion Valley Community Center to present me this special commendation! It was signed by Senator Mark Leno.

Sharen's explanation of the important roles of women and how the "little people" can make effective changes in their society also fascinated my ESL students. Most of all, she believed that President Obama's successful presidential campaign was due to their efforts.

I followed through by explaining to my non- and limited-English, immigrant students that the Equal Access Ordinance in San Francisco, which mandates City Tier 1 departments to provide translations in Spanish and Chinese, was the great effort of Senator Leno. Thank you, Sharen, CLAER and Kevin for this great honor!

Marlene Tran

Windows We Look Through

A young couple moves into a new neighborhood. The next morning while they are eating breakfast, the young woman sees her neighbor hanging the wash outside.

"That laundry is not very clean", she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap."

Her husband looked on, but remained silent.

Every time her neighbor would hang her wash to dry, the woman would make the same comments.

About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband: "Look, she has learned to wash correctly. I wonder who taught her this?"

The husband said, "I got up early this morning and cleaned our windows."

And so it is with life. What we see when watching others depends on the purity of the window through which we look.

Events in April at Valley Branch Library

Following are events in April at the Visitacion Valley Branch Library, 45 Leland Ave.:

*Apr. 7, 14, 21 and 28, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*Apr. 8, Wednesday: Preschool Videos at 10:30 a.m. for ages 3-5.

*Apr. 14, Tuesday: *Worm Composting* at 1 p.m. Join The Garden for the Environment and dive deep into the worm composting bin. Plant a seed to take home. For ages 5 and older.

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VVCC Executive Director Julia A. Kavanagh
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Visitacion Valley Organizations Compete For Available Community Grant Funding

Visitacion Valley Organization	Objective	Amount
Visitacion Valley Community Development Corporation 1099 Sunnydale Av. 94134	Job readiness, hard and soft skills training and job placement services primarily to low-income residents of Visitacion Valley	$35,000
Gum After School Academy 2050 Sunnydale Av. 94113	Improvement of education attainment, self-esteem and quality of life for low-income youth living in public housing	$45,000
C.L.A.E.R. 1099 Sunnydale Av. 94134	Housing case management for tenants impacted by violence	$50,000
Asian Pacific American Community Center 2442 Bayshore Bl. 94134	Information and referral, employment, translation, public safety services for primarily low-income Asian immigrants in the Visitacion Valley and Bayview Hunters Point neighborhoods	$57,000
Samoan Community Development Center 2055 Sunnydale Av. 94134	Case management, information, referral and translation services in nutrition, immigration and housing issues to low to moderate income households in Southeast San Francisco, primarily targeting Samoan families	$60,000
Together United Recommitted Forever (T.U.R.F.) 1652 Sunnydale Av. 94134	Case management services, academic, social and empowerment activities for low-income youth residing in public housing	$60,000
Visitacion Valley Community Development Corporation/ WBDC 1099 Sunnydale Av. 94134	Services to entrepreneurs, small businesses and employees on the Leland/Bayshore neighborhood commercial corridor	$65,000
Visitacion Valley Community Center 50 Raymond Av. 94134	Tenant improvements to multi-purpose community center that serves at least 50 children in an after school program by renovating classrooms, restrooms, walls [illegible]	$110,000
Visitacion Valley Community Center 50 Raymond Av. 94134	Replace existing [illegible] structure at [illegible] that serves 100 preschoolers to satisfy childcare licensing and recent ECERS evaluation	$121,000
		$603,000

Eight Visitacion Valley CBOs made the list for preliminary funding

by Russel Morine

Several Visitacion Valley Community Based Organizations (CBOs) are in the running to receive nearly $600,000 in funding through the annual allocation of Community Development Block Grants.

Each year the federal government grants major cities and counties "block grants" that must be used for community development at the local level.

In San Francisco, these grants are administered by the Mayors Office of Community Investment.

Allocation is based upon prior assessments and specific community needs.

CBOs throughout the city are encouraged to apply for this funding as a means to establish new community based services or to maintaining and improve existing services. Eight Visitacion Valley CBOs made the list for preliminary funding. If the final recommendations are granted, the funds will be dispersed by mid 2009.

Students March Against Teacher Layoffs

Megan Caluza

When more than half the teachers at El Dorado Elementary received layoff notices, students, teachers and parents marched down Mansell Street to San Bruno Avenue on Mar. 13 chanting "Save our School." It was known as "Pink Friday."

HELP US GET OUT
FROM UNDER OUR DEBT

$70,000

with your help by making
a $100 donation
you get a chance to win:

1st Prize: $5,000
2nd Prize: $2,000
3rd Prize: 1,500
4th Prize: 1,000
5th Prize: $500

Rescuing Raffle
Helps us to get out from under our debt $70,000
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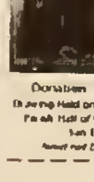


First Prize $5,000
Second Prize $2,000
Third Prize $1,500
Fourth Prize $1,000
Fifth Prize
Sample
Donation $100 for a ticket
Drawing Held on Saturday, May 10, 2009
Parish Hall of Our Lady of Visitacion
San Francisco, CA
Need not be present to win

Name
Phone
Address
001

Make your tax-deductible check available to Church of the Visitacion.

Drawing will be held on
Saturday, May 30, 2009
at the party of the Parish Feast of
Our Lady of Visitacion
Buy a ticket after Mass or see Betty in the Rectory
Tickets will be available on March 7
700 TICKETS NEED TO BE SOLD IN ORDER TO PAY OUR DEBT
WE URGE YOU TO COOPERATE IN THIS PROJECT

Getting California Back on Track

by Senator Mark Leno

After more than 100 days of negotiations and nearly a full week of a 24-hour lockdown in the state Capitol, the California Legislature passed a bipartisan budget package addressing California's fiscal crisis. Citizens were understandably frustrated while legislators struggled to reach consensus on a budget plan.

Clearly, our state finances have been severely impacted by the struggling national economy. As a result, we are seeing steep declines in our traditional revenue streams, including income, property, sales and capital gains taxes. The $42 billion budget deficit threatened California's economy.

We may have avoided financial catastrophe with the new budget plan, but California still has an outdated and ineffective process for approving its budget. Unfortunately, our state is one of just three states that is constitutionally required to pass its budget by a two-thirds majority vote of the legislature. In the past 30 years, only five budgets have been approved by the annual deadline, largely because of this supermajority requirement. Following the recent budget standoff, I hope Californians recognize that we need to improve our process for approving financially sound, timely budgets.

Although the two-thirds majority vote requirement placed significant hurdles in the budget negotiations, my colleagues and I worked together to get California back on track. Roads will continue to be built, patients will receive health care, state offices will keep their doors open, employees will report to work, and nonprofits will continue to provide important services to Californians.

As part of the budget negotiations, a special statewide election will be held on May 19. Voters will be asked to provide input and direction on select pieces of the state budget through six ballot measures. The six propositions are outlined below, as summarized by the Secretary of State.

*Proposition 1A – "Rainy Day" Budget Stabilization Fund. Would increase the size of the state 'rainy day' fund and require above-average revenues to be deposited into it for use during economic downturns. This change in the budget process could limit future deficits and spending. (If Proposition 1A passes, the temporary tax increases approved by two-thirds of the Legislature continue through the 2012-13 budget year. If the measure fails, the tax increases stop at the end of the 2010-11 budget year.)

*Proposition 1B – Education Supplemental Payment. Would address recent education budget cuts by requiring supplemental payments to local school districts and community colleges.

*Proposition 1C – Lottery Modernization Act. Would protect funding levels for schools currently provided by lottery revenues. Would also require the state to maintain ownership of the lottery and allows for the improvement of the lottery's performance with increased payouts and effective management. $5 billion in borrowing from future lottery profits would help balance the 2009-10 state budget.

*Proposition 1D – Children's Services Funding. Would temporarily provide greater flexibility in funding to preserve health and human services for young children. The state could save up to $608 million in 2009-10 and $268 million annually from 2010-11 through 2013-14.

*Proposition 1E – Mental Health Funding. Would provide temporary flexibility in the Mental Health Services Act to fund the Early and Periodic Screening, Diagnosis, and Treatment Program for children. The State General Fund would save about $230 million annually for two years.

*Proposition 1F – Elected Officials' Salaries. Would prevent state elected officials from receiving pay increases during budget deficit years.

For more information about the May 19 special election, visit the Secretary of State's website at www.sos.ca.gov or call 916-653-6814. You must be registered to vote or file a change of address by May 4 to be eligible to vote in the May special election. It is important for all Californians to take an active role in keeping our state fiscally sound and on the road to recovery.

Senator Mark Leno represents the Third Senate District of California, which includes portions of San Francisco and Sonoma Counties and all of Marin County. He can be reached via the web at www.sen.ca.gov/Leno, by phone in the San Francisco District Office at 415-557-1300 or San Rafael District Office at 415-479-6612, or by e-mail, Senator.Leno@senate.ca.gov

An Awareness of Alzheimer's Disease

by Assemblywoman Fiona Ma

One of my favorite movies is "The Notebook" with Ryan Gosling and Rachel McAdams. It has the right mix of drama and romance and touches on a very sad yet very real and important issue that is rarely talked about, Alzheimer's disease.

Alzheimer's disease is a progressive, irreversible neurological disorder characterized by severe memory loss. It is the most common type of dementia and can affect anyone. Today, as many as 5 million Americans are living with the disease. According to the Alzheimer's Association, by 2030 the number of Californians between the ages of 55 and 74 living with Alzheimer's disease will double. In San Francisco, the number of individuals affected with the disease is expected to increase 35 percent between the years 2008-2030.

In 2004, Alzheimer's disease was the 8th leading cause of death in California. Today it is the 6th. However, the disease is under-diagnosed and under-reported on death certificates because most individuals with the disease also have other serious coexisting medical conditions.

The affects of Alzheimer's are felt beyond the individual carrying the disease. Family and friend caregivers are often adversely affected by the disease because people with dementia often live at home and are cared for by their family members and friends. According to the Alzheimer's Association, women tend to shoulder the vast majority of caregiving as 75 percent are woman.

Alzheimer's disease is not a pleasant topic to discuss - no one likes to be confronted with the scary thought of their loved ones being affected by dementia – but it is an important issue that more people need to be aware of.

For more information - Alzheimer's Disease Facts and Figures in California: http://alz.org/CAdata/

New Valley Library Moving Forward

The new Visitacion Valley Branch Library is becoming a reality. Demolition of the Super Fair Grocery store was slated to begin at the end of March with construction to follow. Six contractors submitted bids to the City to build the new branch, with the apparent low bidder within the Library's budget. Stay tuned for a groundbreaking party coming soon.

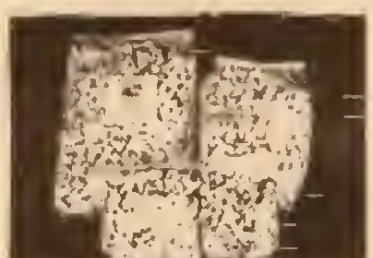
The Friends of the San Francisco Public Library are organizing a neighborhood committee to fundraise for furniture, fixtures and equipment for the new library.

To learn more about the Visitacion Valley Library Campaign, please call Marian Chatfield-Taylor at 626-7512 ext. 103 or attend an informational meeting on March 31, 2009 at 6:30 pm at the library. A light supper will be served, so please RSVP to Marian Chatfield-Taylor if you are planning to attend the meeting.

...from the desk of the VVBOOM newsroom

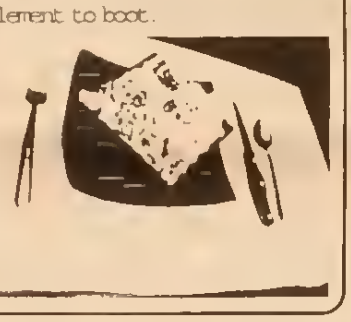
by Nick Wolff

Leland Avenue Gaining Serious Momentum, it's happening. In case you didn't notice the congregation of merchants spilling out of the VVBOOM office onto Leland Avenue on the last Wednesday night in February, things are happening on Leland Avenue - big things. Over 30 stakeholders from the Leland Avenue business district packed into a standing room only meeting to discuss the creation of a Leland Avenue Merchant Watch Group. Engaged business owners and employees were joined by Ingleside Police Captain Denis O'Leary, fellow officers, San Francisco Safety Awareness for Everyone (SF SAFE) Business Security Specialist Furlishous Wyatt and VVBOOM, who joined forces to address community crime prevention. But this was no run of the mill safety meeting. It was the first of two inaugural Leland Avenue Merchant Watch meetings, the second of which (scheduled for business owners unable to attend Wednesday night) took place the following Saturday afternoon. It was there over a dozen additional Leland Avenue business district stakeholders convened with VVBOOM, SF SAFE and Ingleside Police to participate in the Merchant Watch initiative. When it was all said and done, over 80% of Leland Avenue merchants were engaged in Merchant Watch formation. This impressive showing of a unified business district signaled a new era in downtown Vis Valley, with a Leland Avenue merchant collaborative - greater than the sum of its parts. New lines of communication are being created between business owners up and down Leland Avenue – from the Bank of America (6 Leland Avenue) on the corner of Leland and Bayshore Boulevard to Body, Soul and Spirit Salon (222 Leland Avenue) just west of Cora Street. Communication between Leland Avenue Merchant Watch members is critical not only to an effective safety program, but a cohesive business district. We're just getting started - stay tuned.



MMM.. Dirty Popcorn and we've got it right here on Leland Avenue. What is Dirty Popcorn? Well, it's popcorn that tastes like a meal. Still confused? Do a | www youtube com | search of 'Nosh's Dirty Popcorn' to see first-hand why people love it so much. Better yet, come down to our retail storefront at 91 Leland Avenue and meet 'Nosh's Dirty Popcorn' founder NaNoshka Johnson personally. If you want to hear a truly inspirational tale of entrepreneurship, ask her why she began making popcorn in the first place. NaNoshka is the latest local entrepreneur to participate in VVBOOM's Microenterprise Program. In fact, her popcorn infusion has forced us to expand our retail storefront hours – Tuesday, Wednesday and Thursday, 10 a.m. to 4 p.m. Nosh's Dirty Popcorn is available in a variety of sizes and price ranges; from the 1.5 ounce Mini Snack Pack for just $1.50, all the way up to the 2 gallon Party Pack for only $28.50. For more information visit: *www.NoshsDirtyPopcorn.com* or call 1-800.884.6505 (ext. 601). Warning - it can be addictive.

Better in Red. Did you notice the bright red awning on Little Quiapo Bakery at 169 Leland Avenue? The eye-catching new awning is yet another investment on downtown Vis Valley. If the deliciously fresh bakery smells emanating from the bakery down Leland Avenue weren't enough, they've added an attractive exterior design element to boot.



Remembering John Siri, Sr.

Visitacion Valley was saddened to learn of the March 15 passing of John Siri, Sr. in Stanford at the age of 87.

A San Francisco native, Siri went to Balboa High School and was a WWII veteran who served in the U.S. Navy.

During his lifetime, he operated Siri's Supermarkets and Medallion Distributor, as well as the Piccolo Pete Deli on Bayshore Boulevard.

Goettingen Neighbors Group Plant Sale

Goettingen Neighbors Group will host a Plant Sale on Saturday, Apr. 4 from 10 a.m. to 2 p.m. at 700 Goettingen St. near Olmstead.

The Group is dedicated to building community in the Portola neighborhood of San Francisco by talking to neighbors, cleaning and greening streets and becoming active in the neighborhood.

They are currently restoring an area at the corner of Goettingen and Dwight streets.

Many neighbors have recently helped the group to clean trash, paint over graffiti and clear overgrowth.

Goettingen Neighbors Group has become a Parks Partner with S.F. Parks Trust and has applied for grant opportunities.

The Group is looking for donations of any size of unwanted plants, starter plants, planting pots, garden tools and garden art for their fund-raising efforts. For more information, call Larry at (415) 215-7857.

Grapevine on the Web
Read current and past stones from the Visitacion Valley Grapevine at www visvalleygrapevine.com.

VISITACION VALLEY COMMUNITY CENTER, INC.
50 RAYMOND AVENUE
SAN FRANCISCO, CA 94134
(415) 467-6400 FAX (415) 467-3357

YES I WANT TO HELP VISITACION VALLEY COMMUNITY CENTER CONTINUE TO SERVE MY COMMUNITY!

JOIN US – WHY SHOULD YOU BECOME A MEMBER OF THE VISITACION VALLEY COMMUNITY CENTER???

- Because we've had a base of community support since 1918.
- Because we provide services for children and parents with childcare, early education and after school programs.
- Because we support the growth and development of our community's youth, broadening their opportunities for success.
- Because we provide our elders with a place to gather and enjoy a wide range of activities and hot meals daily.
- Because we provide a place for Resource Center for Seniors and Adults with Disabilities.
- Because we provide a whole range of services for our community: individual and family counseling, food distribution, safety programs, space for community meetings and events, the Grapevine News, ESL and Citizenship classes, and more!
- Because we're neighbors helping neighbors who love our community and aspire to bring everyone together for our mutual benefit and enjoyment.

Visitacion Valley Community Center, Inc.

HOW CAN YOU SUPPORT VVCC ?
Become a Friend of VVCC

☐ $15 Regular Membership ☐ $250 Center Advocate
☐ $30 Seniors 60 and over ☐ $500 Center Sustainer
☐ $50 Supporting Membership ☐ $1000 Center Sponsor
☐ $100 Center Friend

I am paying by ☐ Check, or by ☐ direct deposit installment (please consult with your employer or bank)

Name
Address
City State Zip Code
Telephone Day Evening
Email

☐ My employer has a matching gift program. Name of Employer
☐ I am interested in learning about volunteer opportunities
☐ I have remembered Visitacion Valley Community Center in my will
☐ My membership gift is in memory of
☐ I prefer my name not be used in VVCC membership lists

ALL DONATIONS ARE TAX DEDUCTIBLE.
Mailing Address: VVCC Membership, 50 Raymond Ave., 2nd floor, San Francisco, CA 94134

Recycling: An American Success Story

Recycling is one of the greatest environmental success stories, according to the National Solid Wastes Management Association (NSWMA) in Washington, D.C. Since 1980, the amount of solid waste that Americans recycle has jumped from around 10 percent to more than 33 percent. The U.S. Environmental Protection Agency estimates that Americans recycled 63 million tons of waste in 2007 alone.

In more than 8,600 communities, Americans can take advantage of curbside recycling, where recyclables are placed in special bins and picked up by the local garbage collector. America's solid waste industry pioneered "single-stream recycling," where everything – metal cans, glass and plastic bottles, newspaper and cardboard – goes into one bin to make the collection process as easy as possible. As a result, more Americans now recycle household and workplace trash.

Keeping recyclables out of the waste stream accomplishes far more than saving space in your local landfill. Using recycled materials saves manufacturers money, resulting in lower prices for many consumer products. Recycling also conserves natural resources, saves tons of energy and reduces emissions that contribute to air pollution.

Just think: Making new glassware from recycled materials takes 30 percent less energy than starting from new materials. Recycled paper products require 40 percent less energy than paper made from fresh lumber. And manufacturing plastic or aluminum products from recycled material adds up to enormous energy savings—a 75 percent reduction for plastic and up to 95 percent for aluminum cans.

Experts estimate that recycling 7 million tons of metal results in fewer greenhouse emissions, equivalent to taking 5 million cars off the road for a year.

"Household recycling is so much more convenient today, and brings so many benefits, it's no wonder recycling rates are on the rise," says NSWMA president Bruce Parker.

Recycling is a critical part of protecting our environment for future generations, and America's solid waste companies are major partners in helping communities increase the amount they recycle. *NAPS*

El Dorado Elementary School Happenings

Read Across America Day

by Lori Fetzer

Coordinated by Ms. Crum, the teacher-librarian at El Dorado Elementary School, students celebrated Read Across America Day on Monday, March 2nd.

Read Across America Day is the nation's largest reading event held in conjunction with and commemorating Theodor Giesel's (better known as Dr. Seuss) birthday. It is The National Education Association's call for every child to be read to in the company of a caring adult.

At El Dorado, without 300 available adults, students paired up. Students met with their buddies. The buddy pairs participated in many Dr. Seuss inspired activities. Together the buddies choose books, read, played rhyming games, made green eggs and ham, colored bookmarks, and played Seuss Says, a modified version of Simon Says.

All students received one or two books to keep at home and share with their caring adults.

Save Our School!

On Friday, March 13th, San Francisco residents and public school advocates were called upon to wear pink in support of SFUSD teachers and administrators who received pink slips.

Pink slips were received by more than half of the classroom teachers at El Dorado Elementary School.

Students and teachers felt the injustice of a system that threatened to lay off hard-working, well-liked, and supportive staff from an already hard to staff school.

Principal Tai Schoeman says, "I've worked hard for four years to fill this school with dedicated adults who want to be here, working with and in this community. It's demoralizing to all of us to receive layoff notices because we want everyone to return."

If you were watching the news that Friday afternoon, you may have seen coverage of the school's rally. The teachers and students began their day on the school yard organizing and then proceeded to march from the school at Delta and Harkness to the corner of San Bruno and Paul. They wore pink, held pink signs, banged drums, and chanted and cheered.

The students felt positive and empowered. They knew they were doing something to educate the public and hopefully ensure stability in their community.

As one student said, "We don't want to lose our teachers who care about us."

McLaren Park News and Notes

by Betty Parshall

People Have Been Asking

A few people have asked me about the Philosopher's Walk, a public art installation for McLaren Park. To fill in on the background for those who may not know, the San Francisco Art Commission sponsored an artists' competition to develop a public art piece in McLaren Park. Community members met with three finalists who presented samples of their work and to hear what park users valued about McLaren. Several weeks later proposed designs were posted in the neighborhood and community folks completed survey sheets. After review of the public comments and the designs by the Art Commission, the artist team of Peter Richards and Susan Shwartzenberg were awarded the project.

The winners designed the "Philosopher's Walk" which will follow existing trails with benches and markers along the way. The markers will describe the views, ecology, geography and history of the surrounding neighborhoods. Recycled materials will be used for benches and markers as much as possible.

In August 2008, Peter and Susan led a group of neighbors over the proposed walk, which provides wonderful views and covers the wide variety of terrain to be found in the park. All agreed that further discussion about the trail layout is needed, since the proposal had two crossings on Mansell, which could be hazardous to pedestrians. There was also a suggestion or two about other minor changes, e.g. where there are parallel trails should it be the lower or the higher? But everyone agreed that this walk will be a great benefit to visitors who want to enjoy all the natural features of the park with the occasional descriptive plaque and benches along the way for rest, relaxation and viewing.

To learn about the status of the project, I had a conversation with Jill Manton, the Public Arts Program Director. She told me that the artists are well organized and busy making as much advance preparation as possible. One example of this is that negotiations with the Department of Public Works have resulted in DPW agreeing to donate the curbstone materials that will be used for the benches (and perhaps the markers, I'm not sure). They have also engaged a cartographer in the project so that an accurate map will be provided for the installation

There have been meetings with the Native Plants component of the Rec & Park Department who were concerned that the trail might infringe on sensitive native plant areas, and these concerns will be addressed. Accessibility for disabled persons is also a concern; so there are discussions going on about signage that will advise where there may be steep grades, and which parts of the walk are wheelchair accessible. Also being discussed is the creation of a Web site that could provide a virtual tour so that people could enjoy the features of the walk even if unable to visit it in person.

Naturally all of these meetings and discussions by various parties take time, so it was good to learn that progress is being made and that we should be able to see some actual work starting in the not too distant future.

Spring is Sprung

It's a fine time to walk the hills on a clear day, as the grass is green and the spring flowers are beginning to show some bloom. This column was composed on St. Patrick's Day, and this morning Hope, Rory and Raven enjoyed the grass and miner's lettuce, fresh and crisp, not too tough. Poppies, lupine and blue-eyed grass are starting to appear, along with some blooms we could not name. Next on the shopping list, a wild flower identification book. Of course some of the blooms we see aren't necessarily wild, settlers may have planted them a long time ago or seeds carried by birds may have brought them here. In any case, you are encouraged to walk McLaren in the springtime and enjoy it all. Park regulars Lewis, Bobbie and Sadie are shown here.

Legislation to Protect from Drowning in Public Pools

SACRAMENTO - Assemblyman Bill Emmerson (R-Redlands) and Assemblywoman Fiona Ma (D-San Francisco) recently introduced Assembly Bill 1020 to require California's public swimming pools to increase their safety standards by installing anti-entrapment drain covers to prevent unnecessary deaths as a result of drowning.

"As a health care provider, ensuring the public's safety is of the utmost importance to me and this legislation is just common sense," Assemblyman Emmerson stated. "I'm surprised that these anti-entrapment devices aren't already required by law. Pools and spas without proper safety devices put our children's lives at risk and I believe that this is a critical and necessary measure that is long over due."

Drowning is the second leading cause of accidental death among children ages one to 14 in the United States. There were 74 incidents of circulation entrapment reported to the Consumer Product Safety Commission between 1999 and 2007, including nine fatalities and 63 injuries, in which 54 of these incidents involved children under the age of 15.

Circulation entrapment occurs when a person becomes attached to a drain due to the suction of the water circulation system of a pool or spa, or when a limb is inserted into a drain with a broken or missing cover.

"Parents should have peace of mind when their children are swimming in public pools and spas," said Assemblywoman Fiona Ma, joint author of AB 1020. "They shouldn't have to fear that their children are at risk of having their limbs sucked into pool drains. AB 1020 protects our children from dangerous pool drains and will help save lives."

Currently, California law is inconsistent with new federal requirements and this important safety measure is needed to conform state law to federal standards.

City Celebrates First Efficient Streetlights

From Page 1

PG&E and the SFPUC are also collaborating to evaluate the monitoring and controlling of streetlights via "smart controller" technologies. Smart controllers provide the ability to monitor individual streetlight performance, adjust the light intensity level and receive real-time information when lights have failed or are about to fail. This will improve energy conservation and reduce maintenance costs.

Selected lights can be turned on and off, dimmed or placed in a strobe mode to identify a specific location to emergency personnel.

The SFPUC and PG&E are currently evaluating or piloting products developed by at least two companies, Echelon and ROAM.

PG&E is also in the process of developing energy efficiency rebates and special rates to incentivize the installation of LED streetlights for customer-owned and maintained streetlights.

"We're enthusiastic about rolling out LED streetlights and smart controllers citywide," said SFPUC General Manager Ed Harrington. "But with technologies improving and costs expected to decline in the near future, we also think it's in the interest of City residents to have a 'smart' phase-in over time."

Input Needed on Diesel Pollution

From Page 1

Greenaction for Health and Environmental Justice has been distributing copies of the draft plan documents to community organizations, businesses and other concerned community members, as well as fact sheets describing the recommendations of the consultants. Greenaction has also developed a fact sheet containing some additional recommendations to strengthen the plan to reduce pollution and protect health. A Greenaction outreach team of BVHP residents has been knocking on doors, speaking at community meetings and letting as many people as possible know about the plan and to seek community input.

Over 200 community members and business owners have already expressed their views about the recommendations to reduce diesel pollution. The City of San Francisco wants your input on Draft Plan. If you want to review and comment on the plan, please contact Greenaction immediately by calling (415) 248-3010 x 107 or emailing greenaction@greenaction.org. Together we can protect the health of our community.

Assessor Accepting Applications for Market Reducation

Assessor Phil Ting announced Mar. 30 that his office will begin accepting market reduction applications from San Francisco homeowners for the 2009-10 tax year

Applications will be available for residential property owners in Chinese and Spanish for the first time.

Visitacion Valley History Project

Local News Items from the '50s

by Betty Parshall

Reading the news about the demise of newspapers around the country prompted this month's column. (And I don't know how I'll enjoy my breakfast in the future if the SF Chronicle is missing.) Back in the 1950's the Portola District News was regular reading material at our house. Published by Paul and Mary Brook, it had a regular column "Visitacion Valley Echoes" written by Florence Pewtherer. Florence was a good friend and when she passed away in December, 2004, her daughter loaned me a stack of clippings of her column, and I'm drawing on them for my column this month.

You may recognize some of the names, and maybe you'll be inspired to send your own items about family, church and organization events to the Grapevine. I hope so. These items are from 1956 and 1957.

"We are glad to report that after much house hunting, Mr. and Mrs. Bill Fester and family are still Valley residents. They recently sold their home at 250 Raymond and, scorning superstition, moved into their new residence at 37 Tucker a week ago Friday. Bill is an Elder of St.James Presbyterian Church; Juanita works in the Leland Variety Store. (Intriguing reference to superstition, no explanation.)

"An informal chat with Earl Lanning, new owner of Valley TV at 144 Leland, brought forth several news items about this personable gent. His daughter Beverly, he proudly states, is a Lieutenant in the WAC stationed at Fort Lewis in Washington. Earl took over the Valley TV on February 1st and is fast becoming known for the excellent service he offers. Understand too that he guarantees rooftop antenna installation.

"Dennis Rusca, six-year-old son of Mr. And Mrs. Louis Rusca of Rutland Avenue, has been convalescing at home after the removal of his tonsils.

"Little Carol Green, who was four years old on March 2nd, celebrated her birthday with her playmates over cake, ice cream and soda pop. Among those present were ... Jackie Arnott, Ronnie and David Parshall...

"The passing of two old timers here in Visitacion Valley in the past few days leaves a deep void in the neighborhood up on the hilltop on Tioga and Wilde. Mrs. Frances Noehl lived in the Valley since 1908. Her daughter Carlena is a well-known and beloved schoolteacher here. Joseph Demeny, a resident on Tioga for many a year passed away also on February 22. Mr. Demeny served in the Spanish-American war and was a member of the early Fire Department.

"Mr. and Mrs. Peter Sutti were guests of honor February 2nd at a surprise party at the home of their daughter and son-in-law, Mr. and Mrs. Ken Janigian in Daly City. The party was in celebration of their 25th wedding anniversary. Mr. and Mrs. Sutti are also the parents of sons Peter and John and another daughter, Edie. Close to 35 relatives and close friends attended the affair. The Sutti family has lived in this area for many years. Mr. Sutti is a Regional Representative for the boy Scouts in the McLaren Park District and Mrs. Sutti is president of the PTA at Candlestick Cove.

"In our midst we have a celebrity, none other than Mrs. V.D. Bingham, nee Ethel Larsson. She was notified that one of her songs had been recorded by Tin Pan Alley, Inc., in New York. This is Mrs. Bingham's first song and is entitled "No Regrets have I." It's a 45-rpm recording. Request it from your favorite disk jockey or ask for it in the stores-it should be available soon.

"I recently took a reading on the atmosphere and if you've been wondering about that 'big excitement feeling' here in the Valley it's because of the Annual spring Festival being held this weekend at the Church of the Visitacion. Admission is free and a good time for all is promised.

"Mrs. Sophie Zouzounis and Mrs. Mary Petrucci, both Valley residents, invite you to visit their new Five Mile Fountain at the corner of Wilde and San Bruno. The store will be open from 9 a.m. to 6 p.m. They will feature breakfasts and short orders and their hamburgers are worth recommending. 'They have to be good for the meat comes from here,' says Al of the Five Mile Market.

"Scout Troop 78 of the VVCC had an added attraction in their booth at the Scout Exhibition. Said attraction was Elmer the garter snake belonging to Thomas Arrilago. A calamity developed Saturday afternoon when Elmer escaped and a call went over the loudspeaker announcing the snake's departure. Some unknown good Samaritan found him. When the troop reported to the information booth there stood the announcer with Elmer in one hand and his announcements in the other, calmly continuing his broadcast."

Send your memories and current items to the Grapevine visvalley@earthlink.net or mail to Grapevine Visitacion Valley Community Center, 50 Raymond Ave SF CA 94134

The Mothers' Club of
Church of the Visitacion
will have at the Parish Hall

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Friday, April 17: 9:00 AM - 5:00 PM
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Justyna is a local resident who lives in Visitacion Valley. She would guard your house value as much as treating it as her own. Justyna speaks fluent Chinese (Cantonese, Mandarin and Shanghaiese).

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Joe Leland around the neighborhood

*New ED at the VVCDC: Jennifer Dhillon has been replaced by Karen Gilbert as Executive Director of The Visitacion Valley Community Development Corporation. According to a statement from the VVCDC Board "Ms. Gilbert has more than twenty years of experience in organizational development. She has a Juris Doctorate from Columbia University School of Law and a Masters in Business Administration from the University of Southern California. She comes from the consulting firm Entrepren, which specializes in change management and has provided services to both for profit businesses and nonprofit organizations."

*Funk Out with ROCK: Funk out with R.O.C.K. is one of the hottest parties you will ever go to while 100 percent of proceeds benefit Real Options for City Kids (R.O.C.K.), Saturday, April 11, 9 p.m. to 2 a.m. at the Red Devil Lounge (1695 Polk St. at Clay). Featured will be live original, funk music by Stymie & The Pimp Jones Luv Orchestra. The mission of ROCK is to nurture the healthy development of children by listening attentively to their needs and by providing opportunities to those who might not otherwise have access. ROCK's programs are designed to serve girls and boys ages 6-17, who live or attend school in San Francisco's Visitacion Valley. The ROCK vision is to promote the positive development and long-term success of these youth, and this vision is reflected in three overarching program goals. www.rocksf.org

*Forsaken Buildings: Although it's unlikely that any San Francisco property owner would walk away for a piece of local real estate, there are a few buildings in the neighborhood that have been forsaken to the point of abandonment. These eyesores not only hurt adjacent property values, they are dangerous fire hazards. Here's four: 2458 Bayshore Blvd., 336 Lathrop Ave., 292 Arleta Ave., 316 Arleta Ave. If you know of more, let the Grapevine know!

*Vacant Lots Sale: At corner of Sunnydale Ave. and Hahn S.t, one will find a true San Francisco anomaly. Eight buildable vacant lots unable to be sold. Vacant as long as anyone can remember, the lots came close to being developed a few years ago but for some unknown reason the project stalled and was abandoned. Currently marketed as "31 Buildable parcels (condo's on top & retail space on bottom). 47 acre (20,473 sq. ft.). The city is motivated to help you move the project along. Great opportunity for developer/investor Sell all units on top and cash in on the retail portion of this building. $3,950,000". This translates to about $493,000 dollars per lot, which given the location may be overpriced by about $150,000 per lot.

*Zen Saying of the Month: Do not speak — unless it improves on silence.

Website Helps Consumers Save on Groceries

Just announced by a consumer resource publisher, the new Grocery Sale Shopper Website is designed to help the California consumer quickly and easily view multiple grocery stores and supermarkets to see current sales, compare prices, keep up-to-date on product alerts, recalls, and much more.

The website www.GrocerySaleShopper.com is free, does not require any membership, does not sell anything and does not want your name or e-mail address.

Viewers can quickly view (and compare) current sales, weekly grocery ads, special offers and promotions, discounts, grocery coupons, box top offers, card and membership specials, online shopping, rebates, reward programs, contests, events, new products, new services, recipes, catering, store community activities, product alerts, recalls, and more.

The unique and easy-to-use design of the Website is based on original studies done to assist consumers in learning how to use the Internet to save money before going out to shop for food and groceries. The studies evaluated the conventional method of a computer monitor displaying typical white or yellow page text listings compared to the method of displaying store logos.

The results of the studies showed that people preferred the method of looking at their local community area on a computer screen with multiple store logos all displayed at one time, on one screen.

By clicking on a store logo the viewer can quickly see what is available, at what sale price, and can make their choices before going shopping.

The final design of the Website incorporates the best features of the original design plus new features and refinements. The current Website includes California. Additional states will be soon be available.

Consumer advocates and organizations all agree that a little online research and planning can save money, time, and gas. People who are interested in saving money on food and groceries should consider using the Internet for a few minutes before they go shopping — it's a good habit to get into.

Free Saturday Urban Composting Classes

Free Saturday Urban Composting classes will be offered from 10 a.m. to 12 noon on both Apr. 4 and May 2 at Garden for the Environment, San Francisco's organic demonstration garden at 7th Avenue and Lawton Street.

Since it's founding in 1990, the garden has operated as a demonstration site for small-scale urban ecological food production, organic gardening, compost education and low water-use landscaping.

Garden for the Environment is Wheelchair accessible. To pre-register, call (415) 731-5627, or email info@gardenfortheenvironment.org.

Book Reviews

Call to Unearth UFOs

The Thinking Person's UFO Book (BookSurge Publishing, $16.99) by Gordon Chism argues that the accumulated evidence of videotapes, photographs, radar returns, trace evidence and personal experiences prove that Earth has been visited by extraterrestrial beings.

A self-proclaimed witness of one such visit in the high desert country of Nevada, Chism contends that government cover-ups have clouded the truth about UFOs.

"Great good can come from acknowledging that we are but one of possibly thousands of intelligent civilizations in our galaxy," says Chism. "If proof of alien visitations were verified, we would have to abandon our ancient human-centric view of the cosmos, thus humbling humanity, and bringing us to our rational senses in time to save our biosphere from human excesses."

The book opens with a detailed account of Chism's own encounter with a UFO followed by an explanation of the mechanisms of human denial concerning alien existence. In conclusion, Chism asks that aware citizens, through a web campaign, force the government and military to release all UFO documents and materials through federal legislation.

"We must let the government agencies know," Chism argues, "that we are mad as hell and we aren't going to take it anymore."

Parenting a Contact Sport

In such a fast-paced world, children are growing up quicker than ever and parents are doing their best to keep up. Parenting is becoming increasingly difficult and new problems seem to be popping up left and right. What would you do if your six-year-old was suspended from school? Or your 12-year-old started sneaking out of the house? Or if your 16-year-old got drunk at a party and broke her nose on the keg? Moms and Dads don't have to tear their hair out just yet but they should get ready to dig deep, get their hands dirty and really jump into the new contact sport that has more challenges than football, baseball, basketball or hockey.it's called parenting.

In *Parenting is a Contact Sport: Eight Ways to Stay Connected to Your Kids for Life* (Two Leaf Publishing, $14.95), author and psychotherapist, Dr. Joanne Stern helps parents build permanent and powerful relationships with their children that will see them through many touch challenges. Skillfully balancing information from her twenty years as a therapist and her experience as the mother of two girls, the author guides the reader through the biggest problem areas of parenting, including communication, discipline, belonging, honesty and self-esteem. Readers will learn that the key is to establish a connection through physical, verbal and even unspoken contact.

Parenting is a Contact Sport will stimulate thinking about families and provide courage to improve, renew, or repair damaged relationships. With specific behavioral advice supported by anecdotal material, Dr. Stern coaches readers through the tough spots of making contact and deepening bonds — in the present and for the future.

Dr. Joanne Stern has been a psychotherapist for more than 20 years and a parent for 33 years, including five as a single mom.

Cooking Corner

Stuffed Panini with Sautéed Onions

2 medium to large onions, peeled and trimmed; 3 tablespoons olive or vegetable oil; 4 to 8 ounces sliced deli chicken or shredded leftover chicken; 1 large red bell pepper, halved, seeded and sliced or 1 large tomato, sliced; 2 cups fresh spinach; 4 seeded burger buns or other large round rolls; 4 slices Swiss cheese; Dry crumbled basil, to taste (optional).

Slice onions into rings and sauté in oil over medium heat for 10-12 minutes or until tender. Layer chicken, bell pepper (or tomato slice) and spinach leaves evenly onto bottoms of the 4 buns. Top each bun with sautéed onions, cheese and basil. Close buns. Place one sandwich at a time into preheated panini maker or other hinged contact grill (may fit two at a time with larger grill). Grill 10 to 12 minutes or until golden, hot and melted.

Note: If you don't have a hinged grill, cook sandwiches over medium-low heat about 10 minutes in a preheated, oiled heavy skillet, with another skillet pressing down on top. Watch the top pan as the buns cook. As the cheese melts, the buns may slide and the top pan may need to be stabilized. Makes 4 servings. *NAPS*

Ripley's Believe It or Not Celebrates a New Baseball Season

It's baseball season again and if Robert Ripley were still alive, he would be oiling up his glove, warming up his pitching arm, and gathering facts for his popular Ripley's Believe It or Not! cartoon.

During spring 1914, Robert Ripley tried out for the N.Y. Giants and made the team, broke his arm in the first game he pitched and was forced to give up his dream of professional baseball. However, he continued to love the sport and during the season, peppered his cartoons with frequent unbelievable baseball facts.

The extensive Ripley archives have more than 2,000 baseball related Believe It or Nots! To celebrate not only the beginning of the 2009 season, but also the 90th anniversary year of Ripley's Believe It or Not!, Ripley archivists dug through the archives and came up with 10 of their favorite fun facts to share.

*Ty Cobb walked up to 30 miles a day during the off-season with lead in his shoes to maintain his lower body strength.

*In 1968, San Francisco Giants Manager Alvin Dark told reporters that NASA would "put a man on the moon before Gaylord Perry hits a home run." On July 20, 1969 Perry connected for his first ever home run – 20 minutes after Neal Armstrong walked on the moon!

*Toledo, Ohio's professional baseball team was known as the Mud Hens as early as 1896 and remains the only professional sports franchise in America with a feminine name.

*Stabbed to Death by a Baseball! Stanton Walker attended a ball game and was seated between two friends when one attempted to pass an open pocket knife to the other. Just as the knife passed in front of Walker it was struck by a foul ball and driven into his heart – killing him. (1902 incident reported by Ripley in 1939)

*Belt loops did not become standard on men's trousers until after WWI, but baseball players were using them on their knickers as early as the 1800s.

*The words "strike" and "hit" mean the same in every situation except in baseball parlance.

*There are 12,386,344 possible plays in baseball.

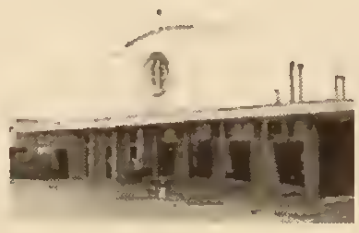
*Carlos May is the only Major League Baseball player to ever wear his birth date on the back of his uniform – May 17.

*The odds of a baseball fan being hit by a ball at a major league game are 300,000 to 1!

*Baseball is the only professional sport in which the coaches wear the same uniform as the players.

Church of the Visitacion

Roman Catholic (1907)



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Crossword Puzzle Solution

B	E	Y	■	O	G	G	I	■	E	R	A	T
A	D	E	■	R	O	I	L	■	P	I	C	A
N	E	A	■	D	U	D	S	■	O	P	E	C
E	N	S	N	A	R	E	■	D	N	A	■	■
■	■	■	O	I	D	■	I	M	A	R	E	T
D	A	M	O	N	■	T	A	V	■	I	C	H
A	M	O	K	■	C	A	L	■	J	A	C	A
F	L	U	■	N	A	B	■	D	O	N	A	R
T	A	R	G	E	T	■	S	O	C	■	■	■
■	■	N	E	B	■	C	U	C	K	O	L	D
K	A	F	A	■	P	A	N	T	■	A	A	A
P	R	U	T	■	T	A	N	O	■	H	A	D
H	A	L	S	■	A	M	I	R	■	E	P	A

EarthTalk

Organic Vegetable Gardens

Dear EarthTalk: I want to start an organic vegetable garden in my yard and I would like to know how to combine crops to make better use of time and space. -Val Thomason, Denton, TX

Most commercial farms concentrate on growing a few select crops to supply a wide variety of customers, but gardening at home is a different story entirely. Most backyard food gardeners are looking to augment their family's diet with a variety of seasonal fruits, vegetables and herbs throughout the growing season.

For those of us who face time and space constraints in our gardening endeavors, combining crops within the same planting areas makes a lot of sense. Such techniques are particularly well-suited to organic gardens where chemical fertilizers and pesticides aren't used to artificially boost crop productivity.

The most common way to combine garden crops is via an age-old technique called interplanting, which in essence means planting various garden edibles with different growth and spacing attributes together in the same soil beds or rows. One example involves combining fast-maturing vegetables, such as lettuce, field greens or beets, with slower-maturing ones like winter squash or pole beans. According to the informational "Our Garden Gang" website, mixing tall plants, like sweet corn, peas or staked tomatoes, with low-growing crops such as melons or radishes, is another way to maximize diversity and yield.

Building on the idea of interplanting, Better Homes & Gardens magazine suggests that gardeners combine plants that produce vines and can be grown on trellises or fences along with low-growing crops. So-called "vertical gardening" concentrates much more production into each square foot of planting area. Also, the magazine reports, crops grown off the ground "tend to be healthier because they are less likely to contract fungus infections or soil-borne leaf diseases." Tomatoes, pole beans, cucumbers, snap peas, melons and winter squash are all examples of crops suitable for vertical gardening if staked or supported properly.

Another common technique often employed by "weekend" gardeners, organic or otherwise, is succession planting, which entails replacing a finished crop with a different one, or planting a single crop in small amounts over an extended period of time. One example would be to replace a spring crop with a summer crop, such as planting cucumbers—which thrive in warmer weather—where the peas had been growing earlier. Another form of succession planting involves staggering the planting of seeds from one specific crop throughout its growing season to ensure a continuing supply as long as possible.

Some crops particularly well-suited to succession planting include bush beans, lettuce, spinach and radishes, each of which have long growing seasons but can be harvested after only a few weeks. A related technique would be to plant both early- and late-maturing varieties of the same type of crop around the same time, and harvesting the resulting crops successively. Tomatoes and corn, for example, each come in varieties that ripen at different times during their respective growing seasons.

And while it may be easy to get carried away with edible gardening, don't forget to plant a few flowers to spruce up the look of your garden and also attract bees to help pollinate your food crops. Marigolds and sunflowers are good choices as they are relatively easy to grow organically and tend to attract lots of bees.

Dear EarthTalk: Are there any flea and tick products out there that don't contain toxic chemicals? -Ewan Locke, Madison, WI

Harmful pesticides in mainstream flea and tick products are indeed hazardous to more than insects. The active substance in most of these products is likely one of seven common organophosphate insecticides (OPs), which work by interfering with the transmission of nerve signals in the brains and nervous systems of not just insects—most of whom die on the spot—but to a lesser degree in pets and humans as well. While it would certainly take an awful lot of exposure to OPs to affect a full-grown healthy human adult, no one is sure how the chemicals might affect children or those with pre-existing nerve disorders.

The non-profit Natural Resources Defense Council (NRDC), which authored the 2000 report "Poisons on Pets" (results are online at the group's GreenPaws.org website), reports that "studies with lab animals have raised concerns among scientists that children exposed to certain of the pesticides in pet products—even at levels believed to be safe for adults—face much higher risks, not only for acute poisoning, but also for longer-term problems with brain function and other serious disease." The group adds that children's behavior—notably toddlers' hand-to-mouth tendencies and the fact that kids play where such toxins often accumulate—makes them more vulnerable to ingesting OPs than adults in the same household.

The magnitude of the potential risk to public health is what makes the inclusion of such chemicals in pet products so troubling. Surveys show that as many as 50 percent of American families report using some kind of flea and tick control product on pets, subjecting untold millions of children to toxic chemicals on a daily basis. Initial research also shows that thousands of pets may be sickened or die each year as a result of chronic low-dose exposure to OPs through their flea and tick collars.

Fortunately, several non-toxic alternatives to OP-laden flea and tick control products are now available. NRDC tested upwards of 125 pet-oriented flea and tick control products for its Poisons on Pets report and found less than two dozen that don't contain harmful chemical compounds. Stripe-On formulations from Adams, Breakthru, Demize and Scratchex get high marks from NRDC for low-toxicity, while tabs (pills) from Comfortis, Program and Sentinel also make the safety grade. Hartz, which uses OPs in most of its product line, also offers some safer formulations (Spot-On, Advanced Care and Ultra Guard) for cats and kittens. These products rely on insect growth regulators, which arrest the growth and development of young fleas, rather than pesticides to simply kill them. NRDC notes, however, that even these safer formulations contain chemicals, and that all such products should be used with caution.

One way to treat your pet but avoid chemicals altogether is to go the essential oil route. Oils from cedarwood, lemongrass, peppermint, rosemary or thyme have all been shown to be effective, when used sparingly, to keep fleas and ticks away from pets and their favorite haunts. Of course, a little conscientious legwork can obviate the need for any kind of topical or pill-based flea and tick control products, toxic or otherwise. According to NRDC, frequent washing and combing of pets and vacuuming carpets and furniture can bring mild flea infestations under control and help avoid outbreaks altogether.

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

Apr. 4: Keep the rains coming, by making your own rain stick decorated with fabric and leather scraps. You can even bead your own handle!

Apr. 11: Let the wind turbine in our front garden inspire you as you make your own hand-decorated, spinning wind turbine.

Apr. 18: Let the sun shine! The days are getting longer (yay!). Make a shiny, silver and gold sun to hang on your door or in your window.

Apr. 25: Bug Day, 10 a.m. to 2 p.m.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

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Classified 20 words for $1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Police Report

Police Cases

*On Feb. 24 at 8:23 p.m., officers responded to the 3000 block of San Bruno Avenue regarding a fight. The officers located two subjects, in a verbal fight and attempted to detain them. One of the subjects began to resist the officers, while yelling and screaming obscenities. The officers struggled with the suspect for a few minutes before getting him into handcuffs and placing him in a patrol car. The subject then kicked at the patrol car window until the window came loose. Officers called for a wagon to transport the suspect to Bayview Station for booking.

*On Feb. 25 at 3:23 p.m. on the 1900 block of Sunnydale Avenue, officers saw a wanted Sunnydale man and arrested the 28 year-old for robbery. The man had been identified in an earlier case from Market Street. His parole was violated, too.

*On Feb. 26 at 6:55 p.m., officers responded to Felton and Cambridge streets regarding a robbery. Officers met with two victims who stated that they were walking down the street when an unknown person came up behind them and pushed one of them to the ground. The suspects took the victim's purse and ran down the street. Neither victim was injured during the incident. The suspects were not located. Officers did find the victim's purse, which was missing a few items. Officers also spoke to a citizen who stated that he saw the incident and observed a vehicle drive away from the scene. Officers did not locate the car.

*On Feb. 27 at 4:40 p.m. on the 2500 block of Bayshore Boulevard, officers responded to a business regarding a robbery with a gun. Officers spoke to the victim who stated that he was at a carwash when a subject parked next to him and asked him if he wanted to buy a flat screen TV. The victim told the subject that he did not want to buy anything from him. The suspect then pulled a gun out of the car and pointed it at the victim, demanding his wallet. The victim gave the suspect the wallet. The suspect jumped into his car and drove off. The suspect was not located. The victim was not injured during the incident. At 7:45 p.m. at San Bruno and Wilde avenues, a 15 year-old Portola District male loaned his cell phone to a woman at a bus stop. She refused to return the phone and brandished a knife when he asked for it.

*On Feb. 28 at 6:45 p.m. on the 1100 block of Sunnydale Avenue, an officer investigated a family fight and arrested a 33-year old Sunnydale man for hitting his 72 year-old father over the head with a chair.

*On Mar. 2 at 6 p.m. on the 100 block of Blythdale Avenue, an officer investigated a Domestic Violence incident and named a 20 year-old Oakland man as a suspect in a felony battery.

*On Mar. 3 at 12:25 a.m. at Bacon and Somerset streets, officers responded to a call of a robbery. Officers met with the victim who told them that he was just robbed at gun point by a suspect while trying to park his Taxi. The victim stated the suspect pulled up behind him and approached with a gun and told the victim to give him all of his money. The victim complied and the suspect got into his car and drove away. An officer searched for the suspect and vehicle, to no avail.

*On Mar. 5 at 7:25 p.m. at Sunnydale Avenue and Santos Street, a 29 year-old Visitacion Valley woman had her purse forcibly taken from her by a robber who pulled it from her lap as she sat on a Muni bus (#9 Line). At 9:05 p.m. on the 2200 block of Bayshore Boulevard, a 20 year-old Visitacion Valley woman was asked for the use of her phone by another woman. The first woman refused, was pushed to the ground and had her phone taken from her.

*On Mar. 7 at 8:30 a.m. on the 1600 block of Sunnydale Avenue, an officer investigated a Domestic Violence incident and named a 22 year-old Sunnydale man as a suspect in a felony battery case. At 7:30 p.m. on the 500 block of Argonaut Ave., a 54 year-old Visitacion Valley woman ran from a man and fell to the ground. Her pursuer pulled her backpack from her. He was described as a black male in his early 30s, 6'0 tall, 185 pounds, wearing a black hat, and a black hooded sweatshirt.

*On Mar. 8 at 10:30 p.m. on the 1900 block of Sunnydale Avenue, an officer investigated a Domestic Violence incident and arrested a 22 year-old Sunnydale man for felony assault and battery. At 7:30 p.m. on the 1900 block of Sunnydale Avenue, officers stopped a motorist for an equipment violation. The man was ordered from the car becasue he had no drivers license. The man ran from the officers and eluded them when he was told that he would have to go with them to Ingleside Station in order to clear up the matter. His passenger identified the man and the officers learned that he was wanted on three local warrants. The investigation continues.

*On Mar. 12 at 10:13 p.m. along San Bruno Avenue, officers Cloud and Lucchetti responded to San Bruno Ave to investigate a shooting. Officers at the scene found casings and bullet holes in a parked car as well as casings inside the car. Officers then spoke with a victim who stated that he was inside his parked car when a suspect approached the car and pointed a gun at him. The suspect told the victim to move, so the victim put the car in reverse and left the area. The suspect fired numerous rounds at the victim's car, but did not injure the victim. Officers searched for the suspect, to no avail. At 10:47 p.m. at Silver and University avenues, officers responded to Colby Street regarding a strong arm robbery. Officers met with a victim, who stated that he was walking on the street when a suspect approached him from behind and demanded his wallet. The suspect then reached into the victim's pocket and attempted to take his wallet, while simulating that he had a gun under his shirt. The victim continued walking towards his home, and the suspect pulled the victim's backpack off the victim's shoulder, knocking the victim to the ground. The victim held onto his belongings and yelled for help. The suspect, who was unable to take anything from the victim, fled the area. Officers searched for the suspect, to no avail.

*On Mar. 13 at 7:55 a.m. at Santos Street and Brookdale Avenue, a 17 year-old Visitacion Valley resident had her purse taken from her lap as she rode a Line 9X Muni bus. At 2:42 p.m. on the 600 block of Girard Street, members of Bayviews plainclothes team were in the area when they observed a vehicle which had damaged registration tabs. Officers lost the vehicle in the vicinity and then located it a few minutes later, unoccupied. Officers located the driver and conducted a search of his person. Officers found narcotics paraphernalia on him and suspected narcotics in his house. Officers placed the suspect under arrest and transported him to Bayview Station for booking. Officers cited another subject, who they located in the house and who also was on probation with a search condition.

*On Mar. 15 at 2 p.m. on the 100 block of Blythdale Avenue, a witness told officers that a resident was seen throwing burning clothing from an apartment window. The officers investigated and learned that the resident had found an ex-boyfriend's shirt in the apartment and set fire to it out of frustration. The officers admonished the woman. At 7:30 p.m. along San Bruno Avenue, a report was made of a robbery of a person who was punched in the face several times by two suspects after the suspects took the victim's earphones. The victim told officers that the suspects also broke the victim's glasses after the attack was over. No suspects were located. Loss was earphones.

*On Mar. 16: 6:45 p.m. on Hahn Street, an officer investigated a sexual abuse case and arrested a 36 year-old Visitacion Valley man for two counts of molestation.

*On Mar. 17 at 1:15 a.m. on Campbell Street at San Bruno Avenue, a 29 year-old Mission District woman was robbed of her cell phone and wallet by a man that she had met on the Muni T-line. He told her his name was Kane and she described him as a black male in his early '30s, 5'7" tall, 180 pounds, wearing all black. At 9:55 p.m., an officer responded to San Bruno Avenue regarding a theft. The officer spoke to the victim who stated that she was playing music on her iPhone on the bus when an unknown suspect came up to her and took the iPhone out of her hand. The suspect then got off the bus and left the area. The victim was not injured during the theft. The suspect was not located.

*On Mar. 18 at 6:30 a.m. on the 100 block of Santos Street, an officer investigated a Domestic Violence incident and arrested a 61 year-old Sunnydale man for making criminal threats and stealing his girlfriend's car. At 1:40 p.m. in McLaren Park, a 57 year-old Outer Sunset District woman and a 39 year-old Pacifica man argued over their dogs. He pushed her to the ground, kicked and punched her, and beat her with a length of hard plastic. The man fled the scene and SFFD medics treated the woman for her injuries. The man surrendered to officers at Ingleside Station that evening. He was arrested and charged with aggravated assault. At 4:50 p.m. on the 3700 block of San Bruno Avenue, a 24 year-old Hayward man beat his 42 year-old mother, a Portola District resident, about the face, threw her to the ground, stomped on her head, and strangled her. She escaped her attacker and flagged down a police sergeant. He arrested the son for attempted murder.

*On Mar. 19 at 9:45a.m. at Hamilton and Woolsey streets, police were advised of a burglary in progress and two suspects jumping over a fence and fleeing in a car. Responding officers located the vehicle and one of the two suspects. Officers searched the vehicle, pursuant to the suspect's search condition and located suspected narcotics, narcotics paraphernalia and tools, consistent with items used for burglary. The driver was placed under arrest and transported to Bayview Station. The second suspect was located jumping over fences and was also placed under arrest. The victim told officers that nothing was taken from the residence. No one was injured. At 12:35 p.m. along the 2700 block of San Bruno Avenue, officers responded to a person brandishing a knife at another person. Headquarters advised that two suspects had threatened another with a knife. Officers located five suspects, who were all detained and then placed under arrest. Officers located weapons on several of the suspects, including the knife used to threaten the victim. The victim was not injured during the incident. The Gang Task Force responded to take over the investigation, due to the suspect's gang affiliations.

*On Mar. 20 at 3:30 p.m. on Bayshore Boulevard at Arleta Avenue, a 16 year-old Visitacion Valley male was robbed at knifepoint by two Hispanic males in their late teens. The victim lost his mp3 player in the theft. At 6 p.m. on Carrizal Street, two residents of a home, a 23 year-old man and a 21 year-old woman, were arrested by members of the SFPD Narcotics Detail on charges of sales and possession of cocaine. At 8:30 p.m. on the first block of Blythdale Avenue, a police sergeant investigated a Domestic Violence incident and arrested a 60 year-old Sunnydale man for felony battery and for making criminal threats.

Police Summaries

*Feb 23: First block of Delta St., '01 Dodge van stolen

*Feb 23: 200 block of Rey St., '09 Chevrolet Cobalt recovered, cocaine and indecoa recovered inside car, suspect questioned and released

*Feb 24: 2:20 p.m., Castillo St., burglary occurred between 7 a.m. and 1 p.m., forced entry through gate and front door with crowbar (crowbar recovered at scene), cash, TV, Playstation and jewelry taken.

*Feb. 25: 300 block of Campbell St., vehicle abandoned in the roadway towed

*Feb 26: 700 block of Velasco Ave., '02 Honda CRV recovered, stolen plate on car

*Feb 27: 1800 block of Sunnydale Ave., vandalism to building, broken window

*Feb 28: 100 block of Delta St., fraud, credit card theft.

*Mar. 2: 1100 block of Brussels St., stolen license plate

*Mar. 2: First block of Cambridge St., '93 Honda Accord recovered.

*Mar 2: 300 block of Campbell Ave., missing person, juvenile

*Mar 2: 1000 block of Goettingen St., death case, cause unknown.

*Mar 2: Mill Street, 15 year-old Portola District boy arrested for battery

*Mar 3: Fratessa Ct., mental health intervention.

*Mar 4: 3:30 p.m. 500 block of Raymond Ave., theft from locked vehicle.

*Mar 4: First block of Velasco St., auto burglary

*Mar 5: 200 block of Blythdale Ave., threats suspect unknown

*Mar 5: Geneva and Brockdale Aves., battery, suspect unknown.

*Mar 6: First block of Blythdale Ave., 47 year-old San Bruno man arrested on federal parole violation warrant.

*Mar 6: 400 block of Campbell Ave., threats, suspect named

*Mar 6: Persia & Sunnydale Aves., one detained in garbage dumping investigation.

*Mar 6: 200 block of Rutland St., found license plate

*Mar 7: 1800 block of Sifliman St., mental health intervention.

*Mar 8: Castillo St., three rifles seized by police during an investigation

*Mar 8: First block of Kelloch Ave., trespassing

*Mar 9: 4:50 p.m., 300 block of Argonaut Ave., burglary

*Mar 9: Occurred between 6 a.m. and 4:20 p.m., unlawful entry via front door, cash taken.

*Mar 9: 6 p.m., 100 block of Rey St., burglary occurred between 10 a.m. and 5 p.m., forced entry via front gate and door, computer taken.

*Mar. 9: First block of Blythdale Ave., 24 year-old Oakland man cited for possessing a switchblade knife.

*Mar 9: First block of Burr Ave., battery, suspect named

*Mar. 9: Hahn St. and Sunnydale Ave., theft, attended purse taken from Muni bus 9X line *See Next Page*

*Mar 13: 5 p.m., 100 block of Britton St., burglary occurred between 2 and 3:15 p.m., forced entry via rear door, television, computer and cash taken

*Mar 13: 2200 block of Bayshore Blvd., 74 year old SOMA District resident arrested on local theft warrant.

*Mar 15: 4:45 p.m., 500 blosk of Brussels St., theft, entry made through open front door, loss was money and a bike

*Mar 15: 100 block of Blythdale Ave., '08 Ford Focus recovered

*Mar 15: 200 block of Blythdale Ave., battery, suspect named.

*Mar 15: 100 block of Brockdale Ave., vandalism to parked car, slashed tires.

*Mar 15: 1200 block of Sunnydale Ave., missing person, adult.

*Mar 15: 400 block of Sunrise Way, mental health intervention.

*Mar 15: Visitacion Ave. and Rutland St., vandalism to Muni bus shelter, broken window

*Mar 16: 300 block of Sawyer St., mental health intervention.

*Mar 17: 10 p.m., 1800 block of Sunnydale Ave., burglary occurred between 6:30 a.m. and 7:30 p.m., unlawful entry via unlocked bedroom window, video game and camera taken.

*Mar 17: First block of Blythdale Ave., court order violation

*Mar 17: First block of Blythdale Ave., resident reported that former boyfriend had trespassed at 5 am and brandished a handgun at 9 am.

*Mar 17: 100 block of Blythdale Ave., 18 year old Pittsburg man arrested for possessing marijuana and cocaine for sale

*Mar 17: Ervine Street, '00 Dodge Durango recovered (vehicle had another car's license plate attached)

*Mar 18: First block of Schwenn St., found person, juvenile

*Mar 18: First block of Tucker Ave., disturbing the peace

*Mar. 18: Visitacion Ave. and Mansell St., mental health intervention.

*Mar 19: 2400 block of Bayshore Blvd., mental health intervention.

*Mar 19: 400 block of Campbell Ave., harassing phone calls

*Mar 20: 10:50 a.m., 500 block of Blanken Ave., entry made through front door that was smashed, no loss

*Mar 20: 8 p.m., 100 block of University Ave., entry made through metal security gate that was damaged, no loss

*Mar 20: 5:10 a.m., Sunnydale Ave. and Santos St., burglary

Captain Denis O'Leary of Ingleside Station and Captain John Loftus of Bayview Station contributed to this report.

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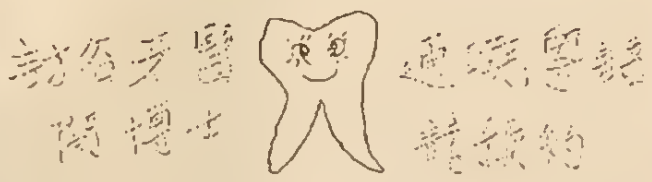

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Buildings with Style In Visitacion Valley

by Russel Morine

Over the next few months the Grapevine will present this new feature Buildings with Style spotlighting Visitacion Valley buildings that exhibit notable architectural and stylistic characteristics. This month we feature styles that show evolution. Provincial Revivalism / Storybook stems from nostalgia of a different place and time while The Shoe Box/ Dingbat exhibits home grown practicality.

Provincial Revivalism /Storybook

Provincial Revivalism grew out of the memories of veterans returning home from the battlefields of WWI Europe. "Provincial" refers to the various small towns and villages of the Old World with their distinct stylistic characteristics. "Revivalism" is the latter non-contextual mimicry of these forms. Generally this style was popularly from the early 1920's to the mid 1930s. Provincial Revivalism is actually a catch all phrase that describes several country/ regionally specific styles. For example French, Normandy, and Tudor are all stylistically distinct but are still considered forms of Provincial Revival style. In Visitacion Valley Provincial Revival homes are rare. The best (only?) example of a French Provincial Revival home can be found at the interception of Blanken Ave and Nueva Ave. The large second story window that breaks the eave line, small balconies and the steeply pitched roof are distinct features of the European origin. The embellishments above the windows and the decorative balcony supports also have a European flair.

Whereas Provincial Revivalism styles are modest reinterpretations of actual forms, Storybook style draws inspiration from the imagination. Storybook homes are purposefully whimsical, but still maintain a distinctly European flavor that connects their lineage back to the Provincial Revival style.

Storybook homes incorporate decorative details such as painted ginger bread, turrets, roof pinnacles, and faux stonework. They tend to look like miniaturized castles or cottages made for story book characters, hence the name. Arguable the best example of this style can be found at the intersection of Blanken Ave and Tocoloma Ave. Notable for its prominent rounded turret with a fortress like door, a steep roof with shingles that simulate thatched roofing materials. Upon closer inspection, one will notice that the stucco is imprinted to create a stonework illusion. The cross pollination of ideas can also be seen in the Spanish root tiles above the minor windows. All of these features are purely decorative, designed to evoke the look of another time and place.

The Shoebox / Dingbat

Shoebox style is so simply that it is almost a non-style. Picture two shoe boxes stacked upon one another. Now add nondescript widows and characterless doors. This is the humble Shoebox. Usually clad in stucco these rectangular tract homes are built to the property line and have no side setbacks. They are typified by a flat rootline with little to no overhang, flat facades and double wide garaged doors. The windows and doors are best described as of the 'off the shelf' variety. What minimal trim they do have is often quirky, as if there was a last minute attempt to impress potential buyers. In Visitacion Valley, rarely are they built as standalone buildings. They tend to be found in clusters, built as infill housing by small developers during the 1960s and 1970s. Excellent examples of Shoebox style can be found along Nibbi Court in Little Hollywood and the 400-500 block of Raymond Ave. Because of their uniformity they have a mass production look and feel. This is often confused with 'cheapness' rather than affordable or entry level housing. In fact, the Shoebox is designed to maximize space and often they are priced at a premium because of their relative newness. The Shoebox may be derided for its total lack of imagination but through another lens it is elegant in its original minimalism. Stylistically no longer in favor, the Shoebox is a true 1960-1970s phenomenon.

Housing styles include (from top) Dingbat, Fairytale, French and Shoebox.

Differing in scale, but not in the lack of imagination, The Dingbat is the multiunit expression of the single family Shoebox. Utilitarian to a fault, these 2-3 storied apartment buildings are a step above the motel. The ground floor is defined by a gapping open car port and ill-defined resident entryways. Plain and unoriginal as the Shoebox, location helps to define a true Dingbat. They are generally located along the margins of neighborhoods, near or directly next to non residential uses. Visitacion Valley's sole Dingbat is located just off Geneva Blvd on Talbert St. This isolated location happens to be is steps away from an industrial site. The origin of the term "Dingbat" is somewhat debated, but it is agreed that the name was penned after the building emerged on the landscape. The name may stem from the earliest versions found in Southern California that had exterior decorative elements, pendant sconces, and lettering that resembled starburst and curvilinear shapes found in the typographical Dingbat Fonts set. Over time "Dingbat" became a purposeful slight of the uninspired architecture. Some are willing to extend this slight to anyone willing to live in such buildings. The Dingbat was popular from the late 1950s to the mid 1970s.

Featured Next Month: The California Bungalow and The Marina.

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March 26	West Bay Conference Center
6.30-8:00 pm	1290 Fillmore Street
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10.30am-12:00pm	4445 Third Street
May 12	Joseph Lee Recreation Center
11:00am-12:30pm	1395 Mendell Ave.

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1	$46,200	$52,800	$59,400	$66,000
2	$52,800	$60,350	$67,900	$75,450
3	$59,400	$67,900	$76,350	$84,850
4	$66,000	$75,450	$84,850	$94,300
5	$71,300	$81,500	$91,650	$101,850
6	$76,600	$87,500	$98,450	$109,400

***Certificate of Preference holders are primarily households displaced by Agency action in Redevelopment Project Areas during the 1960's and 1970's, but may also include other persons displaced by Agency action. San Francisco Redevelopment Agency Certificate Hotline: [illegible]

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Grapevine Puzzler — Towns of Nevada 1

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I	O	J	A	C	K	P	O	T	R	L	L	I	R	C	V	C	L	S	R
N	M	O	U	N	T	A	I	N	U	A	D	L	H	N	E	R	L	O	O
G	A	D	N	O	C	L	O	G	E	F	F	H	T	I	R	Y	I	G	H
S	L	A	K	E	T		H	O	E	G	I	G	E	L	I	S	O	R	T
G	A	R	D	N	E	R	V	I	L	L	E	U	E	R	P	T	M	A	W
B	O	U	L	D	E	R	C	I	T	Y	L	A	D	A	M	A	A	M	A
E	L	L	I	V	R	E	K	N	U	B	D	L	K	C	E	L	L	A	H

Alamo	Carlin	Elko	Hawthorne
Amargosa Valley	Carson City	Ely	Henderson
Austin	Cottonwood	Empire	Hiko
Baker	Cove	Eureka	Imlay
Battle Mountain	Crescent Valley	Fallon	Incline Village
Beatty	Crystal	Fernley	Indian Springs
Beowawe	Crystal Bay	Gabbs	Jackpot
Blue Diamond	Dayton	Gardnerville	Jarbidge
Boulder City	Deeth	Genoa	Jean
Bunkerville	Denio	Gerlach	Lamoille
Caliente	Duckwater	Glenbrook	Lake Tahoe
	Dyer	Golconda	Las Vegas
	East Ely	Goldfield	Laughlin
		Goodsprings	Logandale
		Halleck	

Historic Proportions

1861

Match clues to answers.

1. Elected president of the Confederate States of America on Nov. 6.
2. U.S. Army abolished this on Aug. 5.
3. He captured Mexico City on Jan. 1.
4. On May 8, named the capital of the Confederate States of America.
5. Organized as a United States territory on Feb. 28.
6. Abolished in Russia on Feb. 19..
7. On Mar. 2, this U.S. territory was organized.
8. Proclamation of this kingdom on Mar. 17.
9. On July 1, first issue of L'Osservatore Romano was published here.
10. Admitted as the 34th U.S. state on Jan. 29.
11. First Taranaki War ended here Mar. 19.
12. Formed on Feb. 8.

A. Colorado
B. Richmond, Virginia
C. Confederate States of America
D. Jefferson Davis
E. New Zealand
F. Vatican City
G. Italy
H. Flogging
I. Kansas
J. Nevada
K. Benito Juárez
L. Serfdom

Answers: 1-D, 2-H, 3-K, 4-B, 5-A, 6-L, 7-J, 8-G, 9-F, 10-I, 11-E, 12-C

As a Matter of Fact

*Hot cross buns were first baked in England to be served on Good Friday.

*The leaf and roots of the herb called comfrey contain allantoin, a protein that encourages cell division and is used in a variety of herbal cures.

*A tradition for Bulgaria called for people to tap their Easter eggs against the wall of the church on Easter morning.

*The world(s first speed limit (20 miles per hour (was set in England in 1903.

*Hor water weighs more than cold water.

*There are an estimated 250,000 kinds of flowering plants in the world.

*The Colonial army was ordered to fortify Bunker Hill in 1775, but instead fortified nearby Breed(s Hill where the Battle of Bunker Hill was actually fought.

*The saxophone is named for Antoine Sax. He also created the lesser-known instruments the saxhorn and saxotromba.

*Although it sounds like it should have been created in France, Vichyssoise was invented in New York at the Ritz Cartlon Hotel by a chef born near Vichy, France.

*In 1679, the city of Boston established the first paid fire department in the American colonies.

*Charles Goodyear accidently discovered vulcanization (a process of using extreme heat to keep rubber from becoming hard and stiff in cold temperatures, or soft and sticky in hot temperatues (in 1844.

*Cats do not have the ability to taste sweet things.

Grapevine Five Years Ago

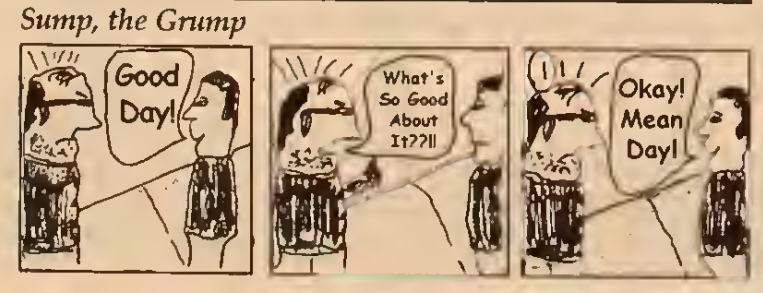
APRIL 2004

*San Francisco Public Library staff and architects created a functional conceptual design for a new Visitacion Branch Library proposed to be built at Leland Avenue and Rutland Street.

*The Family and Community Services Center of Visitacion Valley Community Center hosted a 10-week Kinship Support Group designed to help grandparents needing to cope with difficult life circumstances.

*Station platform work for the new Third Street Light Rail continued on Bayshore Boulevard at Blanken Avenue, as well as at Sunnydale Avenue, along with final track installation work.

Sump, the Grump



Baby Boomers

by Rix Quinn

Class Reunions

Most Boomers tell us that after their 20 year high school class reunions, they've become regular attendees at subsequent celebrations.

"I go for two main reasons," one Boomer explained. "The first one is...well, I just want to catch up on a bunch of people. I want to find out about their families, and about what they're doing in their careers.

"Also, each time I've made an effort to talk to everyone there. People I hardly knew in high school have become new friends.

"The second reason I attend is because, in middle age, I've realized that good times don't go on forever. It's important to me to spend quality time with contemporaries. A reunion is a great way to do this."

Career Opportunities

A couple of female Boomers we interviewed talked about how women's career opportunities had changed in the last 30 years.

"When we entered college," one remembered, "many of us felt limited to three or four career paths: teacher, administrative assistant, flight attendant, or nurse.

"These are all good careers, but we wanted more choices. In the late 1960's and early 1970's opportunities began to improve. The women's liberation movement of that time played a major part. We realized we could — and should — have the same opportunities as men.

"Today, we Boomers can tell our male and female children that they can aspire to any career they want. Education and training — not gender — will make the difference."

Going to School

Boomers generally went to school one of four ways: they walked, rode their bikes, took the school bus, or rode in a carpool with neighbors. After school, they might also have walked home with friends or — as they got older — they might have stop for a snack on the way.

This was before the "fast food" days. So, Boomers might stop at the pharmacy (called the "drug store" then) where they could get soft drinks or desserts from the "soda fountain." Or, they might go to a family-owned burger stand nearby, a place where lots of cool kids could hang out and play the jukebox (a record player that holds lots of music).

Boomer Numbers

There are several reasons you should know more about Baby Boomers (people born 1946-1964).

1. There are 78 million of us nationwide. We represent a huge economic force in this society, and will continue to do so for a number of years.

2. We buy products and services for three generations ... for our parents, for ourselves, and for our children. And a few of us also buy things for our grandchildren, too.

3. We have moved into influential, powerful positions in many industries.

4. The Social Security system will experience a tremendous jolt as about four million Boomers per year qualify for benefits between 2008-2026.

5. A surprising number of Boomers are now enrolled in undergraduate or graduate programs. This will probably create a demand for more teachers and more degree opportunities.

How to Use Coffee Filters

Coffee filters..who knew! And you can buy 1,000 at the dollar store for almost nothing.

*Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.

*Clean windows and mirrors. Coffee filters are lint-free so they'll leave windows sparkling.

*Protect China. Separate your good dishes by putting a coffee filter between each dish.

*Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.

*Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.

*Apply shoe polish. Ball up a lint-free coffee filter.

*Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.

*Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.

*Hold tacos. Coffee filters make convenient wrappers for messy foods.

*Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.

*Prevent a popsicle from dripping. Poke one or two holes as needed in a coffee filter.

*Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters.

*Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc. on them. Soaks out all the grease.

Oh yeah, they are also great to use in your coffee makers.

Poor Rix Almanac

by Rix Quinn

Poor Rix: What's the difference between a Recession and a Depression? –Student

Remember when you were in school? You'd go out to "recess," and when you came back to the classroom you'd be "depressed" because recess was over.

So ... a Recession is when things look bad, but you're too busy playing to worry. A Depression is when a Recession looks good.

Poor Rix: My nose hair grows really fast, and I can't control it. Any suggestions? –Nostrildamus.

Don't do what my friend did! She had the nasal hair surgically replanted on her brows. But the problem is, whenever she sneezes, she covers her eyes.

Poor Rix: Can you figure this out? A recent study claims that those who brush their teeth regularly stay thin, and those who don't get fat. Does brushing burn a lot of calories? My son-in-law, who is a dentist, is awaiting your answer. – Violet, New York

Poor Rix knows little about the mouth, but once gave an oral report. And Poor Rix's teeth aren't all his, but they will be after three more payments.

Several hundred years ago, a person cleaned his teeth with a quill. But if he used that same quill to write a letter with invisible ink, the next time he picked his teeth he risked becoming a ghostwriter.

The invention of nylon toothbrushes in the late 1930's led to healthier teeth and gums. A few folks were instructed to brush along the gum line, but misunderstood and spit out their gum.

Two recent reports discuss brushing's benefits. The first study says people with gum disease may be more likely to develop narrow blood vessels, which could lead to health problems that might eventually result in the eternal dirt nap.

A second report says if you brush your teeth one minute, it burns three calories. The document adds that people who keep their teeth clean likely pay attention to other heath issues, too.

This means that many brushers may also be joggers. But it's hard to do both at the same time without drooling toothpaste.

Sez Who?

Match quotes to speakers.

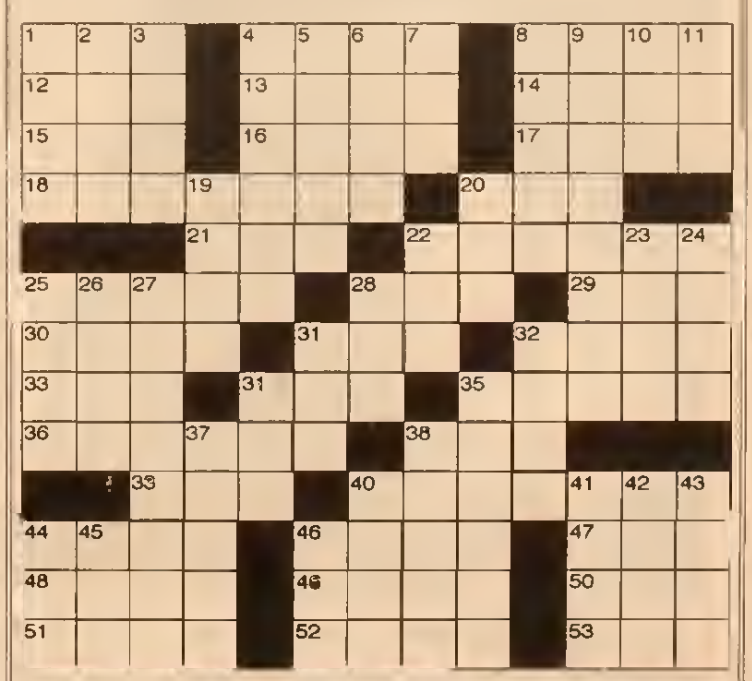
1. "Even a secret agent can't lie to a Jewish mother."
2. "A spoken contract isn't worth the paper it's written on."
3. "Everybody likes a kidder but nobody loans him money."
4. "I have enough money to last me the rest of my life unless I buy something."
5. "I don't want to achieve immortality through my work. I want to achieve immortality through not dying."
6. "Marriage is a wonderful institution. But who wants to live in an institution?"
7. "A politician is a man who will double cross that bridge when he comes to it."
8. "Liberals feel unworthy of their possessions. Conservatives feel they deserve everything they've stolen."
9. "Television is a medium because it is neither rare nor well done."

A. Woody Allen
B. Jackie Mason
C. Peter Malkin
D. Groucho Marx
E. Oscar Levant
F. Ernie Kovacs
G. Sam Goldwyn
H. Mort Sahl
I. Arthur Miller

Answers: 1-C, 2-G, 3-I, 4-B, 5-A, 6-D, 7-E, 8-H, 9-F

Crossword Puzzle

Solution on Page 6



ACROSS
1 Ruler of Tunis
4 Today (Ital.)
8 Part of QED
12 Soft drink
13 Stir up
14 Geophagy
15 Nat'l Endowment for the Arts (abbr.)
16 Togs
17 Org. or Petroleum Exporting Countries (abbr.)
18 Net
20 Genetic letters
21 Like (suf.)
22 Turk. Inn
25 Friend of Pythias
28 Hebrew letter
29 I (Ger.)
30 Frenzied
32 Jackfruit
33 Illness
34 Grab
35 Germanic gods
36 Goal
38 Old-Eng. Jurisdiction
39 Beak
40 Ram
44 Cushitic lang.
46 Breathe rapidly
47 Proportional shoe width
48 Danube tributary
49 Pueblo Indian
50 Possessed
51 Dutch painter
52 Afghan title
53 Environmental Protection Agency (abbr.)

DOWN
1 Nemesis
2 Earthly paradise
3 Votes
4 Decree
5 Squash
6 Fr. Author
7 Fr. Pronoun
8 Goddess of horses
9 Growing by a riverbank
10 Unit
11 Tectical Air Command (abbr.)
19 Cozy retreat
20 Dept. of Motor Vehicles (abr).
22 Adjective-forming (suf.)
23 Geological epoch
24 Asian desert
25 Foolish
26 E. Indian tanning tree
27 Sad
28 Flap
31 Grimalkin
32 Male person
34 Pen point
35 Physician
37 Scand. People
38 Branch of Muslim
40 Heddles of a loom
41 U.S. dam
42 Eucalyptus secretion
43 French art group
44 Kilometers per hour (abbr.)
45 Military macaw
46 School organization (abbr.)

Visitacion Valley Business Directory

Valley free listings in the 415 area code
Call the Grapevine at (415) 467-9300

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
EMMA'S HAIR SALON, 35 Leland Ave., 587-7429
THE SHOP (JB), 160A Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
CONNIE'S HAIR, 2436 Bayshore Blvd., 586-8288
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
NAILS BY JENNY, 50 Leland Ave., 333-6800
SHERRY BEAUTY SALON, 60 Leland Ave., 337-9381
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grant St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLOORS
TEDDY B's HARDWOOD FLOORS, 309-6342
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
TEDDY'S MARKET, 298 Teddy Ave.
HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EDIE EPPS (AHE INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730
LANDSCAPING
SAN FRANCISCO LANDSCAPES, 256 Talbert St., 585-9137, sflanscapes.com
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTYNINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 586-8700
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave., 467-5565
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
SEE'S CANDIES, INC., 345 Schwenn St.
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments: 715-0310
OR SAM HO, MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave. 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
WILLIE L. BROWN, JR. TEEN CENTER, 1652 Sunnydale Ave., 584-6099
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
SUNNYDALE DEVELOPMENT COO OFFICE, 1652 Sunnydale Ave., 841-1683
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNA P TO, (Realtor, Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax (650) 246-1910
LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163
RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
HAPPY FAMILY FAST FOOD, 107 Leland Ave., 333-8999
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
NAYANT TAQUERIA, 98 Leland Ave., 587-7721
TWO JACK'S, 167 Leland Ave., 337-0433
SCULPTOR
CARTORIGINALS (Mikal Carter), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave
VISITACION VALLEY BILINGUAL EDUCATION, SOPPORTIVE SERVICES & TRAINING, 120 Leland Ave
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave. 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS (VVBOOM), 91 Leland Ave., 585-2338
TELEPHONE
O & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Insurance Coverage Not to Do Without

by Jason Alderman

Some people looking to reduce expenses drop or trim their insurance coverage, gambling that they won't become sick, have a car accident or suffer a fire or other catastrophe. Unless you've got unlimited savings, however, forgoing adequate insurance could place you just one unexpected event away from financial disaster.

Here are insurance policies no household should be without:

Medical. This is the most critical – and unfortunately, the most expensive – coverage you need. When comparing plans, consider:

*Are your doctors in their provider networks? If not, can you afford the out-of-network charges or are you willing to find new doctors?

*Do they restrict specialized services you might need like maternity benefits, out-of-state coverage, mental health coverage, etc.?

*If you choose catastrophic coverage to lower premiums, can you afford the high deductible in case of an accident or major illness?

*If your employer doesn't offer medical insurance, can you obtain coverage through your spouse's employer?

Homeowner/renter. Faulty plumbing, fires, theft and home-accident lawsuits are only a few catastrophes that could leave you without possessions or a place to live. A few tips:

*"Actual cash value" coverage repairs or replaces belongings, minus deductible and depreciation, whereas "replacement cost" coverage will replace the items in today's dollars. Depreciation can significantly lower values, so replacement coverage is often worth the extra cost.

*Jewelry, art and computers usually require additional coverage.

*Consider additional liability insurance, especially if you have significant property, investments or savings.

*Review your coverage periodically to account for inflation, home improvements, new possessions, change in marital/family status, etc.

Car insurance. You probably can't even get a driver's license without demonstrating proof of insurance. Consider these coverage options:

*"Liability" pays if you cause an accident that injures others or damages their car or other property.

*"Uninsured motorist" pays for damage caused to you or your car by an uninsured motorist.

*"Collision" pays for damage to your car resulting from a collision and "comprehensive" pays for damage to your car caused by things like theft, vandalism and fire. However, they only pay up to the actual cash value (ACV) minus deductibles. Because the ACV for older cars is low, repairs often cost more than the car is worth; therefore many older-car owners drop these coverages and increase liability instead.

*Common ways to lower premiums include: Raising deductibles; discounts for good drivers, exceeding age 55 or installing security systems; comparison shopping; and buying homeowner and car insurance from the same carrier.

Life insurance. If you're single with no dependents, you may get by with minimal or no life insurance. But if your family depends on your income, you should probably buy coverage worth at least five to 10 times your annual pay. A few other considerations:

*Many employers offer coverage, but if you're young and healthy you may be able to get a better deal on your own.

*After your kids are grown you may be able to lower your coverage; although carefully consider your spouse's retirement needs.

Long-term disability insurance is also extremely important – especially if you're single – since other sources of income may not be available in the event of serious illness or disability.

Jason Alderman directs Visa's financial education programs.

Visitacion Valley Family and Community Services Center

For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigraiton documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

Parent Education Classes
4:45 to 6:45 p.m.
Thursday, April 23 : Anger
Thursday, April 30: Happiness
Speaker: Julia Carmen
JC and Associates

After School Program Parent Meeting & Workshop
Wednesday, April 8,
5:30 - 7 p.m. at 50 Raymond Ave.

Family Literacy Spring 2009 (Jumpstart)
Wednesday, April 1, 8, 15, 22 and 29,
5:30 - 7:30 p.m. at 325 Leland Ave.
"Literacy Everywhere, Part II"
at 500 Raymond Ave.

Family Literacy Introducing Media Series
Friday, April 17, 4:30 - 6:30 p.m.
at VVCC Library, 45 Leland Ave.

Every Wednesday
April 1, 8, 15, 22 and 29
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments

Free Food Distribution
Every Monday,
3 - 4 p.m.
April 6, 13, 20 and 27
Emergency food box
available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5 p.m.

April 2009 Activities
held at 161 Leland Avenue
except where noted

Enhanced Information and Referral
Every Monday Through Friday
April 1 to 30, 9:30 a.m. - 5:30 p.m.

Parents Support Group
Thursday, April 16, 4:30 to 6 p.m.
"Communicating Across Gender Lines"
Featuring Guest Speaker Sangita Kumar

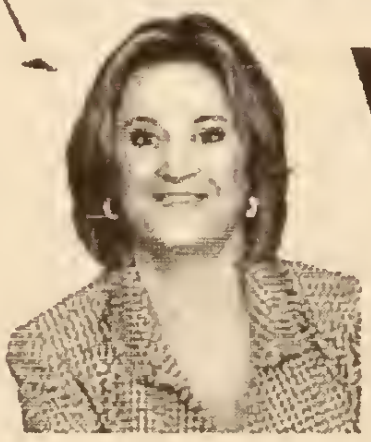
Male Involvement Group
Saturday, April 11, 11 a.m. to 1 p.m.

Parent Link Meeting
Friday, April 3, 3 to 5 p.m.
"Lead Prevention" with David Ho of the DPH

Family and Community Services Center staff:
Meriam Abalos, Marichelle Punzalan,
Kevin Blackwell, Jenny Sosa and Jack Kwong

161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbcglobal.net

I have been studying Visitacion Valley for a long Time.



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